

Kind treatment and firmness have much influence in restraining this class of patients, and, when strictly adhered to, has given the best satisfaction.

I have to report the occurrence of two accidents, whereby two of the inmates lost their lives at the hand of one of the patients. In both these cases I made a thorough investigation, and found no blame attached to any one.

Much credit should be awarded to John Kenworthy, the efficient Superintendent, for the manner in which he has conducted the affairs of the institution for the past two years. His loss could not well be supplied on this coast, and I hope he may be spared to us for a long time to come, for the benefit of the patients and the interest of the State.

While giving credit to all the Wardens for the management of their wards, I must make especial mention of Mr. Beatty, and commend him for the uniform good order and cleanliness of his ward.

There is much that might properly be said here, but it would be only a repetition of what has been already said in the report of Drs. Hawthorne and Loryea. Trusting that I have so performed the duties of my office as to meet with your Excellency's approval,

I have the honor to be

Your ob't serv't,

J. S. GILTNER, M. D.,

Visiting Physician of the Insane Asylum.

REPORT

OF THE

INSPECTING PHYSICIAN

TO THE

INSANE ASYLUM; OREGON.

TO THE LEGISLATIVE ASSEMBLY THEREOF.

SIXTH REGULAR SESSION.

SEPTEMBER, 1870.

SALEM, OREGON:

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1870.

REPORT.

INSANE ASYLUM OF OREGON,

PORTLAND, September 1st, 1870.

TO HIS EXCELLENCY, GEORGE L. WOODS,

GOVERNOR OF THE STATE OF OREGON.

SIR: I hereby submit my biennial report for the last two years, ending on the 31st day of August, 1870.

I deem it unnecessary for me to enter into any summary statement regarding the patients, their nativity, &c., as there has been already one made by the resident physician, which entirely agrees with my own, to which I refer your Excellency. During the last two years, I have witnessed a large and steady increase in the number of patients, already large, altogether disproportionate to the increased population of our State in ratio.

Additional room will be required to meet this want in a proper manner the coming two years. The number at present under treatment is one hundred and twenty-two. Of this number a large proportion are chronic cases, and not susceptible of cure, and should be classified, and kept by themselves; it is not at all necessary to resort to any treatment medicinally, except hygienic, with careful attention to diet and cleanliness. The curable cases should also be kept by themselves, and should receive medical treatment adapted to their requirements and diseases.

There are several cases of feeble-minded persons confined in the Institution for the want of a better place, who could be educated and learned a trade whereby they would be enabled

to earn their own living, and who must remain a public charge for life, unless provision is made for them. Therefore, since we have no appropriate place for such cases in the State, I would suggest the propriety of our Legislature making a separate appropriation, especially set apart for such cases, and send them to a training school in some neighboring State, the same as is done by a number of other States, that send this class of patients to Media, Delaware County, Pennsylvania, where the expense of keeping them is not higher than here.

The ratio of cures will admit of a favorable comparison with any other institutions of a similar kind in any country.

The wards and domicils are always kept perfectly and well ventilated by the respective ward-masters.

Each domicil contains one, and some two, beds, well furnished with excellent bedding, for all seasons of the year, consisting of all the necessary bedding to sleep comfortable, and well supplied with clean linen. At the end of each ward is attached a bath-room, supplied with warm and cold water, where they regularly bathe themselves, which adds materially to their health and comfort.

About five acres of a fine grove of small fir trees is enclosed with a high board fence, in which a number of swings, cross-bars and appliances for gymnastic exercises are erected for their benefit, where they are permitted to stay during the whole day, when the weather is favorable, and have ample opportunities for healthful recreation and enjoyment—swinging, playing at ball, draughts and cards, and pitching quoits, &c.

All the inmates are well supplied with comfortable clothing. That of the males consists of a thick woolen blouse or jacket, and pantaloons, flannel shirt and drawers, black wool hat, and heavy shoes and good woolen stockings. This comprises their

winter clothing. Summer, if they prefer, they are furnished with cotton shirts and drawers.

Female garb consist of a dress over all of calico, flannel underclothing, with cotton next their persons, light comfortable shoes and stockings. All the clothing worn by the inmates, and bed clothes, are manufactured by the inmates.

All the woolen goods worn are of Oregon manufacture.

A small number of the males, when convalescent, are taken out to work on the farm. But there is a very erroneous idea prevailing among the people that most of them could be made to support themselves; whereas, it is almost impossible to prevail on any to perform manual labor, and then only in an imperfect manner. But the females are more anxious to labor, and many of them are constantly employed in sewing or knitting for the inmates. All medical treatment requisite is furnished by the resident physician. The dispensary contains an ample supply of fresh medicines, from which the medicines are dispensed.

Kitchen and bake-house I have always found clean and in good condition.

The following is a list of articles of diet furnished them: drink—coffee and tea; meats—beef, fresh and corned; pork—bacon and ham; fish—salmon, fresh and salted; mutton; fresh vegetables—potatoes, tomatoes, turnips and rutabagas, beets, cabbages, beans, peas, squashes, onions, radishes, rice, hominy, sago, farina. All kinds of fruit in season, and dried fruit in winter.

Having been under the necessity, for nearly four years, of making monthly, and often more, visits to the Asylum, for purposes of inspection and investigation, when it was unknown what day I would come, always found everything in perfect order, clean, comfortable, and the inmates perfectly satisfied with the food, and treatment by the surgeon and his

superintendent and wardens; to all of which I bear cheerful testimony.

In the management of this class of patients, the old method of corporeal punishment has been abandoned, and kind but firm treatment substituted, with excellent results. The only kinds of punishments now resorted to in well conducted institutions is the straight jacket and confinement to the rooms, which always has the desired effect. This often becomes necessary, to prevent them doing injury to themselves or to others. During the period that I have been connected with them, I have never known a case in which any corporeal punishment was inflicted within my knowledge or observation.

Sanitary and hygienic regulations have been strictly followed and adhered to, to such an extent, that nowhere in our State can an equal number of persons be found who suffer less from disease, or where the ratio of mortality is so small. Their general health could not be any better anywhere than it is here. The location and situation is a healthy one, and the water that supplies the place comes from a large and excellent spring of pure cold water on the premises, which is carried through the entire building in iron pipes, by means of a force pump with horse power.

I would recommend a change in one respect that I did two years ago. The removal of the water-closets that are at the entrance of each ward now, to the farther extremity of the ward, whereby perfect ventilation can be had during winter and rainy season, without exposing the inmates to damp and cold. If we would avoid the foetid odor that pervades the wards at times during heavy weather, this should be attended to at once, as the rainy season is near at hand.

The resident physician, Dr. J. C. Hawthorne, is deserving of our highest praise for the efficient manner in which he has conducted the Institution during the last four years. His

successful treatment of the large number of patients who have been cured by him, and his uniform kindness to the large number whose maladies will never admit of cure, but whose management has been entrusted to his care. He is entitled to the continued well wishes and gratitude of all who have been cured; and the many friends and relations whose misfortune it is to have a friend, husband, father, mother or brother or sister who needs the fostering care of this Institution, under his treatment, as they can rest assured that he will do all for them that can be done. And from my own personal knowledge and experience, a man better adapted for the place would be difficult to find anywhere.

Mr. John Kenworthy, the Superintendent and Manager of the place, is a man of humane feelings and kind disposition, and, with his extensive experience in the management of Insane Asylums, and intimate knowledge of the whims and caprices of this unfortunate class of our fellow beings, does all he can to alleviate the sorrows and miseries of confinement, and supplies as near the place of a friend or relation as it is possible for a stranger to do under such trying circumstances.

I would also bear testimony in behalf of Mr. Beatty, the principal warden, for the efficient management and government he has exhibited in the worst ward and most unruly cases that have been confined in the place, too much praise cannot be awarded him for the able manner in which he performs his duty, under the most trying difficulties. The loss of these two men would be seriously felt in the management of the Asylum.

The rest of the wardens and nurses, with a few exceptions, have also performed their respective duties in a creditable manner, and are deserving of credit from the inmates and public, to which I commend them. And now, before closing this my last report, I would extend to the Resident Physician, Superintendent, principal Warden, and all the

other officers and wardens, my sincere thanks for the uniform kind treatment I received at their hands during my official visits.

All of which respectfully I submit to your consideration.

J. S. GILTNER, M. D.,
Inspecting Physician to the Insane Asylum of Oregon.

REPORT

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INSANE ASYLUM, OREGON.

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Seventh Regular Session.

SEPTEMBER, 1872.

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